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Calgary metro

Spicer gets all spicy over SNL portrayal
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DIGGING OUT

No break for commuters as heavy snowfall causes problems on roadways, **metroNEWS**

ELIZABETH CAMERON/FOR METRO

MUSLIM BAN ENDS UP IN U.S. COURT



Justice Department pushes back, states argue reinstatement would 'unleash chaos'

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Family weeps as disturbing pictures presented to court

GARLAND TRIAL

Aerial photos appear to show two big bodies, one small one



Lucie Edwardson
Metro | Calgary

Jennifer O'Brien held her head in her hands and wept as court was shown aerial images Monday that appeared to depict two naked adult bodies and one smaller body on the Garland farm.

Douglas Garland, 57, is charged with three counts of first-degree murder in the apparent summer 2014 slayings of Alvin and Kathy Liknes and their five-year-old grandson, Nathan O'Brien, Jennifer's son. Their bodies were never recovered.

In an opening statement, the Crown prosecutor said while police gathered much of the evidence through "meticulous" investigation, these aerial photographs were found by "dumb luck."

It wasn't until April 2015 that Paul Gagnon of Peregrine Aerial Surveys Inc. said he understood the contents of the photos his company had taken July 1, 2014 of the Garland farm in Airdrie.

On Monday, Gagnon took the court through four images, two taken on July 1, 2014 and two



This is the area on the Garland farm shown in aerial photos submitted to court by Peregrine Aerial Surveys Inc. Another photo, shown in court, depicted what appeared to be two naked adult bodies and one smaller body. CONTRIBUTED BY THE CROWN

from July 2, 2014.

The images from July 1, show what appeared to be two adult bodies and one smaller body — possibly curled up — near the south outbuildings on the Garland farm.

Images the next day showed nothing out of the ordinary in the same area, just a grassy rural property.

The courtroom gallery was filled with tears and hugs as the Liknes and O'Brien families viewed the photographs. For the first time in the trial, the jury

asked to take a break.

"If at any time you need a break, we'll take a break — no questions about it," said Justice David Gates upon their return.

Earlier in the day, court heard evidence from Const. Gerald Bouchard who combed through CCTV footage from the Likneses neighbourhood on June 30, 2014 — searching for a green pick-

up truck, and then tracking its movement.

Bouchard told court of identifying the vehicle in the dark based on shape, model and an illuminated cab light, and by make, model and colour in daylight.

The constable said he spotted what he believes to be the same green pickup on the Likneses'

street numerous times from 3 a.m. to 8 a.m. that day.

Around 5 a.m., after Bouchard believes the truck was parked for some time on the street, he tracked it leaving the neighbourhood with an unknown white item in its bed, following until it was nearly outside of the city, before returning with an empty truck bed to the Likneses' street, driving partway up, reversing and leaving the area for good.

Evidence is expected to be presented by a DNA expert Tuesday.

“If at anytime you need a break, we'll take a break — no questions about it. Justice David Gates to jury

MARIJUANA LEGISLATION

Council studies pot policy



Helen Pike
Metro | Calgary

Your ward reps were deep in the weeds Tuesday, learning about pot policy ahead of anticipated federal regulations.

On Monday, Dan Rowland, a communications pro from Denver, talked pot policy and politics at a special strategic council meeting.

Rowland told council to expect the unexpected with the legalization process.

"Hash oil explosions," said Rowland. "We know that people have experimented with the product before, grown it at home before legalization, but all of the sudden you're seeing maybe some amateur actors setting up shop."

He said from a regulatory standpoint, making edibles had other risks including fire with risky oil extraction.

"The key here is for us to be prepared," said Mayor Naheed Nenshi.

The city is looking to prep regulatory frameworks internally and have a communications plan for citizens as the feds move to legislation.

"We don't want to do too much work if the feds are going to go a different way," said Nenshi.

In coming months, council will hear options about the distance between weed dispensaries and other land use concerns.

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No longer 'stuff of science fiction'

TRANSIT

Timing right for new tech instead of high-speed train: Expert



Brodie Thomas
Metro | Calgary

High-speed trains?
Those are so 1980s.

A Calgary PhD candidate in transportation at the Schulich School of Engineering thinks if Alberta is serious about a high-speed line between Calgary and Edmonton, it should look at the hyperloop instead.

In a post on his blog Spur the New West, Willem Klumpenhower argues the transportation technology being spearheaded by SpaceX and Tesla founder Elon Musk would be ideal for the roughly 300-kilometre trip.

"From a planning perspective and from a technology perspective — I don't think it's the stuff of science fiction any more," he said.

Although no hyperloop has been built yet, Musk recently hosted a competition at SpaceX headquarters where engineers tested proof-of-concept designs in a mile-long tube.

A working hyperloop could still be 20 or 30 years out, but then again, that's at least how far away a high-speed rail might be as well.

Klumpenhower said Edmonton is just far enough away to make the three-hour drive a pain, but to make flying not quite worth it.

No other form of travel technology serves these moderate distances, but a hyperloop might. "The idea, both with high speed rail and hyperloop, is that if you can make the journey fast enough and connect-

ed with the city cores, people will forego having a vehicle at their destination for the ease and speed of travel," he said.

A hyperloop would have some definite advantages over a train, according to Klumpenhower. First, a hyperloop would require land acquisition. With the tubes on raised posts, the footprint would be much smaller than a railway corridor, and could run across farmers' fields like power lines.

Another is flexibility. While a train runs on a set schedule, a hyperloop could accommodate passengers arriving at just about any time.

Pods could leave as soon as they're full during peak hours, or on a timed schedule when demand is low.

Transportation expert Peter Wallis, president and CEO of the Van Horne Institute at the University

of Calgary, said the hyperloop's ability to have a flexible schedule would be a benefit to the market.

While he's familiar with the idea, his concern is cost, which is something Musk hasn't talked much about, and isn't covered in the blog post.

"(Klumpenhower) doesn't speculate on the cost for the trip or the cost of construction — both could be very high," said Wallis.

Metro contacted the provincial transportation ministry to see if hyperloop technology is being

explored. Press secretary Aileen Machell said while the idea is interesting, it's not something the ministry is considering as a viable option at this time.

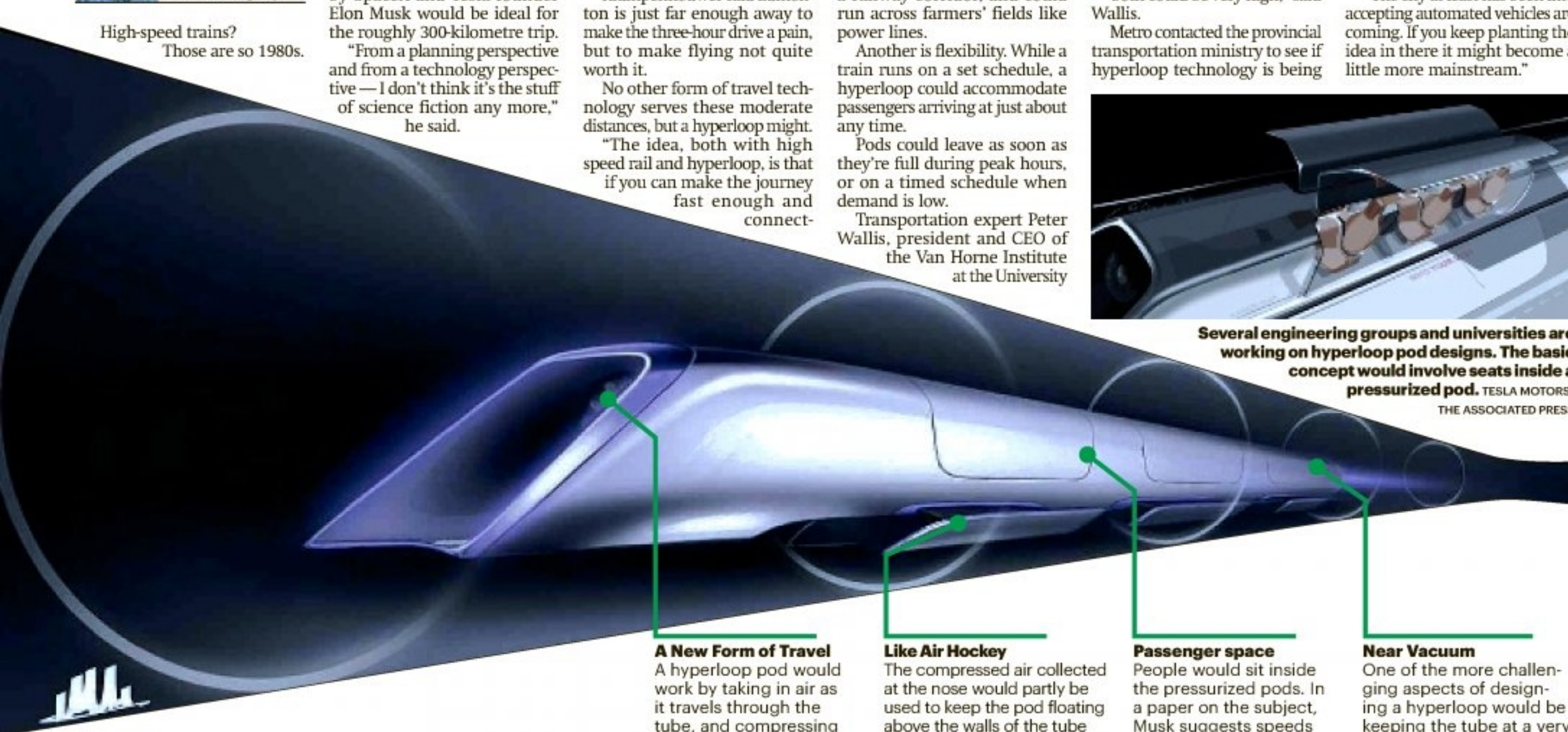
Klumpenhower said people sometimes roll their eyes at the subject, but he thinks it's better to keep an open mind.

"I like to plant the idea in people's heads," he said.

"The city at least has been into accepting automated vehicles are coming. If you keep planting the idea in there it might become a little more mainstream."



Several engineering groups and universities are working on hyperloop pod designs. The basic concept would involve seats inside a pressurized pod. TESLA MOTORS/ THE ASSOCIATED PRESS



Imagine climbing into a pod and shooting through a tube towards Edmonton at 900 kilometres an hour. That's Elon Musk's vision of the hyperloop. Although he wants to see one between San Francisco and Los Angeles, some think it might work well between Alberta's two biggest cities. TESLA MOTORS/THE ASSOCIATED PRESS

A New Form of Travel

A hyperloop pod would work by taking in air as it travels through the tube, and compressing it to blow out the sides and back. Designer Elon Musk has envisioned electric-powered pods, and has suggested the tubes could be covered in solar panels to collect power.

Like Air Hockey

The compressed air collected at the nose would partly be used to keep the pod floating above the walls of the tube using the same concept as an air hockey table (Musk used this very description in his papers). But while the table keeps the puck afloat, this would reverse the concept, and have the air coming from the pod.

Passenger space

People would sit inside the pressurized pods. In a paper on the subject, Musk suggests speeds might have to be kept slightly lower than what could be possible from an engineering standpoint, just to protect passengers from uncomfortable high g-forces.

Near Vacuum

One of the more challenging aspects of designing a hyperloop would be keeping the tube at a very low air pressure. Some air would need to remain for the pods to use for propulsion, but a thin atmosphere inside the tube would reduce air resistance and allow for greater speeds.

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Snow drifts impede all types of city commuters

WINTER WEATHER

Bikers brave white stuff to ride downtown on cycle tracks



Helen Pike
Metro | Calgary

Sure, walking in a winter wonderland is perfectly normal — but what about biking in it?

On Monday, as Calgary's motorists battled their way to work through drifts of snow, they weren't alone on the streets. Cyclists braved the storm to get to work, and yes, their commutes were delayed, too.

In winter, the city's normal population of cyclists dwindles to between 20 and 30 per cent.

Katherine Glowacz, active transportation planner with the city, said from Jan. 1 to 13, there

were an average 323 weekday trips on the 5 Street cycle track going under the bridge — compared that to the entire month of January with a weekday average of about 520 trips.

On a typical summer weekday, that same stretch will see more than 2,000 trips.

Jennyce Hoffman, who lives on the southeast side of Inglewood, said she normally takes 15 minutes to get into work.

Monday morning it took 40 minutes. She's been an all-season cyclist for two years now, and doesn't think twice about heading out in a blizzard — with the right gear.

"There was a lot of snow on the side roads that I take, so I was pedalling pretty hard, but not covering a lot of distance," Hoffman said. "Once I got onto 9 Avenue where there's a designated cycle track, but it's not separated, it was okay. Being on the road when there's a lot of snow can be quite scary."

Her tires are studded, lights



Jennyce Hoffman commutes to work in downtown Calgary via bike. ELIZABETH CAMERON/FOR METRO

on, and she wears layers and layers before hitting the streets.

Although the cycle tracks downtown are cleared as a priority one route, the side streets that make up most of her com-

mute are just like the ones motorists contend with: snowy.

"Usually drivers are pretty good, they give a good amount of space," Hoffman said.

"I haven't had too many crazy

close calls, everyone seems to be quite nice."

Glowacz said that because the city clears the cycle tracks and paths, it's a viable option for commuters.

STREETS

Parking ban in effect

Crews have been working since Friday, prepping streets and plowing as the white stuff continued to fall throughout the weekend.

And as Monday hit, commuters were already sick of the snow.

Social media lit up with complaints, some claiming they haven't seen a plow since the snow started, some wondering why Calgary, compared to other cities, can't keep up with the snow — making the morning commute unbearable for some.

According to Brittany Kustra, with the City of Calgary Roads department, the city is on track to catch up with the flurries. She said by Monday's evening commute crews will have caught up with the snow.

The first parking ban in years starts at 6 p.m. and can last 72 hours — so although a street might look plowed, parking before the city says so could mean a ticket and tow.

Although most have parking spaces or an alley spot, it's not clear where all the cars go when there's a ban on the priority two streets. HELEN PIKE/METRO

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Hector Villamil just wanted to make sure the woman was OK and safe on her journey home. COURTESY RON COLLINS

Bus driver lends hand

TRANSIT

Goes above and beyond to help passenger home safely



Aaron Chatha
Metro | Calgary

A frigid bus ride for Calgarian Helen McKay ended in a heartwarming helping hand from one of the city's transit drivers.

On Sunday morning, the final bus on McKay's route home pulled up — but unfortunately, a malfunction in the vehicle prevented the bus from 'kneeling' down, which is done to help passengers who can't reach the first step.

McKay has a disability and walks with a cane. The wind whipping at her neck, she managed to yell out to the bus driver, Hector Villamil, that she couldn't reach the step.

Villamil promptly stepped off the bus, put his arms under the women's shoulders and helped her on.

"When I got to my destina-

tion, he actually pulled past the bus stop until we were actually at my street, so that I wasn't walking too far," explained McKay.

Then, not only did Villamil help her off the bus, but he also took her hand and escorted her across the busy intersection.

"He led me by the hand, took me across the street, and put his hand up to all the traffic to tell them to stop. And I burst into tears," she said. "Because — oh, I'm crying now — I'm so grateful. I felt so vulnerable."

"I get around with my cane, and think I can do all this stuff, but when you come across weather like this and you're getting the bus, it's pretty hard on the disabled and elderly."

Villamil said he had to help a few people over the weekend, because of the weather.

"I wish I could have done more for her," he admitted. "We have to carry on with the bus — there are customers on board. But everyone was really nice (on the bus)."

If he had the time, Villamil said he would have liked to talk more with McKay, and make sure she was alright.

McKay said it's reaffirming that Calgarians are willing to help someone in need.

He led me by the hand, took me across the street, and put his hand up to all the traffic to tell them to stop.

Helen McKay

PROJECT

Bison roam again in Banff National Park

Bison are once again grazing along the remote eastern slopes of Banff National Park after a more than century-long absence.

Parks Canada announced Monday it has moved 16 of the animals to the mountainous landscape that vast herds of the species once roamed for thousands of years.

The herd selected earlier this year for the \$6.4-million project consists of 10 pregnant young cows and six young bulls.

It may seem like a lot of work and money for the number of bison involved, but it's worth it, said project manager Karsen Heuer.

"Really this is a long-term project and it's a long-term investment that Parks Canada's making now," he said.

The ruminants had been living in Elk Island National Park east of Edmonton, the main source of animals for reintroduction projects around the world.

Before their departure, the

bison were quarantined for three weeks to check for disease.

They were collared and tagged and pieces of rubber hose were duct-taped to the animals' horns to make sure they didn't poke each other along the way, Heuer said.

The trucks drove 400 kilometres throughout the night last week to a ranch at the end of a dirt road just outside Banff.

Heuer said the animals didn't seem any worse for wear as they exited the containers, with some

trotting around and starting to feed right away.

"By end of that first afternoon, they were drinking and some of the young bulls were even rubbing horns and bucking playfully. So it was just amazing to us to see how fast they settled," he said.

"They fit in as if they were meant to be there all along."

The herd will be penned in the pasture for about 16 months and closely monitored by Parks Canada staff. THE CANADIAN PRESS

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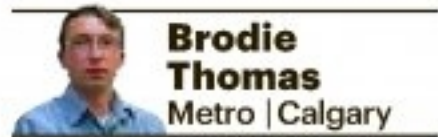
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MP blasts talk about rise of 'radical Islam'

CONFERENCE

Singling out religion wrong way to discuss topic: Obhrai



Brodie Thomas
Metro | Calgary

An image of a cartoonish bomb, complete with an analog alarm clock, stirred up a storm of controversy for the Manning Centre on Monday.

Ads for the Calgary-based right-leaning think tank's annual conference featured sticks of dynamite sticking out of a bag, with the headline: "The Rising Threat of Radical Islam."

Radical Islam will be one of the main topics on the first day of the conference, which will also include a Conservative Party leadership debate.



This advertisement for the Manning Centre's upcoming annual conference set off a firestorm on Twitter on Monday morning. SCREENSHOT

Leadership candidate and Calgary-Forest Lawn MP Deepak Obhrai condemned both the ad and the topic of discussion.

"We do know radicalization takes place, but it takes

place among all religions," said Obhrai. "In my debate, I had stated very clearly, we must fight radicalization be it Islamic, Christian, Hindu — whatever."

He said singling out Islam is the wrong way to discuss the topic, as it breeds fear tied to anyone who practices that religion.

Obhrai sent a tweet to the Manning Centre expressing his displeasure with their approach, and told Metro that he would only attend the conference's leadership debate.

The Manning Centre would not make anyone available for an interview.

In an emailed statement, an organization spokesperson said a respected Muslim human rights advocate would lead a thoughtful panel discussion.

"The conversation will be respectful and will help those seeking answers about what can be done to address the problem," read the statement.

"Some people want to ignore the issue, but the problem isn't going away. We just saw another attack in Paris last week."

Calgary DIGEST

Murder charge laid in shooting death

Calgary police have charged an 18-year-old in the apparent drug-fuelled shooting of a Calgary man who was later dumped at a city medical clinic.

Police responded to the Sheldon Chumir Health Centre on Jan. 23 over reports of a man with a gunshot wound being dropped off at the location. He later died.

Investigators believe a drug dispute in the 900 block of 36 Street N.E. led to the death of Itgel Baatarsuren.

On Saturday, police charged Ausuma Effat Mohamed, 18, with second-degree murder. METRO

Calgarians encouraged to give blood this Valentine's Day

Calgarians looking for date ideas this Valentine's Day are being invited to donate blood with that special someone.

Canadian Blood Services shared the story of James and Nicole Titterton, who had originally met at the Calgary Blood donor

clinic in 2009 and regularly return on "date nights" to give blood.

James later proposed at the clinic, and the two are now happily married.

CBS is encouraging others to incorporate giving blood into their Valentine's Day celebrations.

To book an appointment, locate a clinic or check your eligibility, download the GiveBlood App or visit blood.ca.

METRO

Northwest Calgary seeing spike in nighttime break-ins, police warn

Police are warning of an increasing number of brazen nighttime break-ins, even while people are asleep in their homes.


Since Jan. 24, suspects have entered eight homes in the community of Tuscany and taken valuable items such as electronics.

In four of those cases, the suspects entered through unlocked doors.

Police are reminding citizens not to leave their homes or vehicles unlocked.

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The Kinkonauts are holding the marathon to raise donations for a new space, as they're losing their current stage at the end of the month. COURTESY KENNETH LOCKE

Marathon of laughs

COMEDY

Improv group prep for 26 hours of live performing



Aaron Chatha
Metro | Calgary

Those darn kids are at it again.

The Kinkonauts are back for their second 26-hour improv marathon — and this time it's personal.

Mainly because the Kinkonauts are no longer going to have a space to call their own at the end of the month (the business downstairs is expanding), and now need funds to find a new home.

Having now done the marathon once before, founding Kinkonaut Owen Chan is prepared for how weird things get when a group of comedians has been awake too long.

Like how in the middle of the night, while playing Improv Against Humanity (using cards from Cards Against Humanity) the whole cast lost it.

"At one point (around 3 a.m.) someone suggested something from a card, and everyone on stage, we just started laughing. Two people

fell over. No one could figure what was so funny," he recalled.

Hours later, in the morning, someone burped and again all the actors lost their minds laughing for about three minutes.

Every hour the troupe does something different, from Shakespeare to musicals, and it's all being streamed live from their website.

Of course the enterprising fan (or bored night owl) can always drop by the Kinkonauts stage on 16 Ave and Centre St.

In fact, they love a live audience, especially at night.

"The middle of the night we do some of the riskier, weirder stuff," said Chan. "We'll do Improv Against Humanity, or

Are You Afraid of the Dark, which is really bad 4 a.m. horror stories."

Of course, once morning rolls around, the show turns more family friendly — notably, because this year there will be actual families in the audience.

The daughter of a cast member is having a birthday party during the show, and of course, fans are welcome to come celebrate with the actors.

The Improv Marathon starts on Feb. 10 at 8 a.m. For more information, visit www.kinkonauts.com.

The middle of the night we do some of the riskier, weirder stuff.

Owen Chan

ENVIRONMENT

Province to fund climate change education

The Alberta government is introducing a grant program for community groups that want to implement climate-change education programs.

Environment Minister Shannon Phillips says the government will divide \$600,000 among organizations that want to provide scientifically sound climate information to the public.

"This is another way for the province to support organizations in communities

to take on the issue of climate straight on and to be very clear about what their objectives are," Phillips said Monday.

She said the money is for groups ranging from community leagues to First Nations to environmental organizations.

She singled out Earth Rangers, a Canadian charity that works in classrooms to encourage children to get involved with conservation projects.

The province has long been involved in environmental education and climate change needs to be part of that message, the minister said.

"Climate is that big umbrella under which all other issues move forward. We need a way to make sure we are tying all those issues together."

She acknowledged a classroom-based program emphasizing the importance of the issue may not be welcome in all Alberta homes.

"There was a time when kids went home with anti-smoking information and it was sometimes questioned by their parents," she said.

"This is just another step in when we know better, we do better."

Phillips confirmed the Alberta government will screen and evaluate all proposals before granting any money. The deadline for applications is March 6.

THE CANADIAN PRESS

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POLITICS

Critics say he has mixed record on portfolio

More than a year into the Liberals' majority mandate, a sense



Prime Minister Justin Trudeau, Liberal president Anna Gainey, left, and Liberal youth president Mira Ahmad at the 2016 Liberal Biennial Convention in Winnipeg. THE CANADIAN PRESS

He has a mixed record on fulfilling the youth-oriented promises of his party's 2015 platform. In October, the sociable and still-high-polling PM was heckled dur-

At the same time, student activists are decrying his performance on accessibility-to-education.

"A government that pretends that's not a reality, and designs programs for quote-unquote 'standard work,' which is full-time forever jobs, is not a government that I want, because that's an unrealistic fantasy," Bednar said. TORSTAR NEWS SERVICE

POSTCARD NO. 7

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Elliott Sweeny, 6, is schooling Halifax about gender and bodies. JEFF HARPER/METRO

Kid a leader in gender education

EQUALITY

Pop-up series aims to foster understanding around gender



Haley Ryan
Metro | Halifax

Elliott Sweeny loves dogs, banana bread, Beyoncé, sometimes wearing skirts, and pink rainboots. In the Halifax six-year-old's words, Elliott also says they have a "boy body and a girl brain."

Curled up on a large couch with their mom Kym Sweeny at the South House Sexual and Gender Resource Centre, Elliott said they usually don't mind explaining how they identify as gender fluid and gender-nonconforming, or use "they/them" pronouns — but kids don't always believe them and can say mean things.

"You can't just be bullies just because you don't know what things are, and just because you don't think it's right — because it actually is right," Elliott said.

The term gender non-conforming is used to describe people whose appearance or behaviour differs from cultural expectations based on what's appropriate for their

gender. Gender fluid refers to an identity that can vary over time, and can be combination of male/female identity, or fall outside them.

Kym said some people on the radio were talking about women's periods in a joking way. When Elliott asked if people made fun of menstruation because they didn't understand it, Kym said "sometimes."

The next day Elliott asked for magazines to make a collage about things people should know more about, adding glitter and photos of Beyoncé and trans actress Laverne Cox next to words like bodies, consent, racism, gender and decolonization — which they asked for help writing.

They went to South House to plan a community event, which developed into a series of pop-up schools, with the first one on gender taking place this month.

All the pop-ups will have a kid or young adult paired with a "grown-up" to talk about topics they're experts in, Kym said, with opening remarks followed by activities and relevant book-reading while the parents and caregivers can network and talk about their experiences and challenges raising gender-nonconforming or LGBTQ kids.

Elliott said some of the activities will include kids writing about their own gender and stapling pages together into a book.

MOSQUE SHOOTING

Words came from the heart, imam says

An imam who spoke at the funerals for three Quebec mosque shooting victims says he believes his words have become popular on social media because his message came from the heart.

Hassan Guillet, 64, says he didn't even prepare his speech, which has been lauded for its message that the man accused of the shootings in Quebec City last week is himself a victim of hate, and that people

shouldn't seek revenge for the crime.

"People could see that the man standing in front of them is an honest man, a sincere man and a sad man and is talking his pain. I think it was apparent," Guillet said in an interview Sunday about the speech he delivered Friday.

"When I was talking, I saw the tears on the face of our prime minister, Mr. Trudeau, and on the face of our pre-

mier, Philippe (Couillard), on the face of the mayor of Quebec (City)."

"I was touched."

Stories about the speech have since appeared on the social-media feeds of people around the globe, including some celebrities.

"The extraordinary and humane words of Imam Hassan Guillet, at the funeral for the victims of the Quebec massacre," J.K. Rowling, author of

the Harry Potter series, tweeted along with a link to a transcript of the speech.

Guillet, who came to Canada from Lebanon in 1974 and is now retired from the aerospace industry, said he was too busy to prepare for the speech leading up to the funerals. As a spokesman for the province's council of imams, he hadn't had a lot of time since the shootings happened last Sunday night. THE CANADIAN PRESS

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U.S. Justice Department pushes to reinstate ban

POLITICS

States argue Muslim ban would 'unleash chaos again'

The fierce battle over President Donald Trump's travel and refugee ban edged up the judicial escalator Monday, headed for a possible final face-off at the Supreme Court. Travelers, temporarily unbound, tearfully reunited with loved ones at U.S. airports.

The Justice Department prepared to ask a San Francisco-based federal appeals court to restore Trump's ban on travelers from seven predominantly Muslim nations. The lawyers were expected to argue in a brief that the president, not the courts, has the authority to set national security policy and that an executive order to control access at the country's borders is lawful.

The filing with the 9th U.S. Circuit Court of Appeals was to be the latest salvo in a high-stakes legal fight surrounding Trump's order, which was halted Friday by a federal judge in Washington state.

The appeals court refused to immediately reinstate the ban, and lawyers for Washington and Minnesota argued anew on Monday that any resumption would "unleash chaos again," separating families and stranding university students.



Nazanin Zinouri, 29, is greeted at the Greenville-Spartanburg International Airport in Greer, S.C., on Monday. Zinouri, an Iranian engineer and Clemson University graduate, had been unable to return to the U.S. THE ASSOCIATED PRESS

Telephone oral arguments have been scheduled for Tuesday afternoon. The San Francisco-based 9th U.S. Circuit Court of Appeals will hear from lawyers from the federal government and states suing Trump.

The president's executive order has faced legal uncertainty ever since Friday's ruling by U.S. District Judge James Robart,

which challenged both Trump's authority and his ability to fulfil a campaign promise.

The State Department quickly said people from the seven countries — Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen — could travel to the U.S. if they had valid visas.

The legal fight involves two divergent views of the role of the

executive branch and the court system. The government has asserted that the president alone has the power to decide who can enter or stay in the United States, while Robart has said a judge's job is to ensure that an action taken by the government "comports with our country's laws."

States challenging the ban have been joined by technol-

ogy companies, who have said it makes it more difficult to recruit employees, and by attorneys general from more than a dozen states. A declaration filed by John Kerry and Madeleine Albright, former secretaries of state, said the ban would disrupt lives and cripple U.S. counterterrorism partnerships around the world.

THE ASSOCIATED PRESS

SENATE

Democrats hold floor in protest

Democrats announced plans Monday to hold the Senate floor around the clock to protest Republicans' push to confirm President Donald Trump's Cabinet picks.

Democrats' effort got under way as the Senate headed toward a showdown vote Tuesday on Education Secretary nominee Betsy DeVos, a wealthy GOP donor who has advocated for alternatives to public education. DeVos' nomination has drawn particularly fierce opposition from teachers' unions and others.

Two GOP senators have announced plans to oppose her, which could result in a 50-50 Senate vote Tuesday.

That would leave Vice-President Mike Pence in the role of tie-breaker, something that has never happened with a Cabinet nominee in the Senate's history, according to the Senate historian.

"Democrats will hold the floor for the next 24 hours until the final vote to do everything we can to persuade just one more Republican to join us," Sen. Patty Murray, D-Wash., said on the floor around mid-day Monday.

"And I strongly encourage people across the country to join us — to double down on your advocacy — and to keep making your voices heard for these last 24 hours."

Republicans accused Democrats of slow-walking qualified nominees to placate liberal base voters who still haven't come to terms with Trump's election. THE ASSOCIATED PRESS

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This unverified militant file image from a video posted online in August 2016 shows Canadian Joshua Boyle and American Caitlan Coleman. SITE INTEL GROUP VIA THE ASSOCIATED PRESS

\$150K could have freed family: Report

AFGHANISTAN

News report claims FBI did not pursue ransom deal

A new report claims that Canadian Joshua Boyle, his American wife, Caitlan Coleman, and their two young sons could have been freed for a \$150,000 ransom, but that the FBI did not pursue the deal with their kidnappers.

According to two unnamed American "officials directly involved in the case," VOX reported Monday that a Taliban representative had told U.S. military negotiators of the proposed deal, but that when news was relayed to the FBI, "the agency never followed up."

The FBI did not comment on the report.

Boyle's family said Monday that they had not been told of a ransom demand, and do not believe the VOX report is accurate.

"Our government has assured us since the outset that we would be made promptly aware of any offer from the captors," Boyle's parents, Patrick and Linda, wrote in a statement.

"If the Taliban or Haqqani network were willing to release them for an amount that a family could arrange, surely they too would have contacted us directly as well at some point."

The Taliban-linked Haqqani network has held Boyle, 33, and Coleman, 31, since October 2012, when they were kidnapped near Kabul, Afghan-

istan, during a backpacking trip through Central Asia. Both their sons were born in captivity and seen for the first time in a video made Dec. 3.

Coleman implores then outgoing-U.S. President Barack Obama in the video to think about his "legacy" and free them from their "Kafkaesque nightmare."



Our government has assured us since the outset that we would be made promptly aware of any offer from the captors.

Patrick and Linda Boyle

The Boyle family has always believed that the Haqqani network's demands have been political, which is typically how the group, which is closely aligned with the Taliban, has operated. Hostages are often held for years before release.

An earlier video release of the couple coincided with an Aug. 29 Afghan court decision that ruled Anas Haqqani, the son of the group's founder, would be executed for his role in helping raise funds for the network.

Boyle says in that video that the Afghan government must stop executing Taliban prisoners or the couple would be killed.

It is unclear if the change in U.S. administration has had any impact on negotiations for the couple's release, or those of other Americans.

TORSTAR NEWS SERVICE

UNITED KINGDOM

Elizabeth II marks 65 years as queen

Queen Elizabeth II has become the first British monarch to reach the milestone of 65 years on the throne.

Monday's Sapphire Jubilee is being marked with cannon salutes in London's Green Park and at the Tower of London.

Buckingham Palace also released a photo of the queen by David Bailey to mark the occasion. In the picture, taken in 2014, the monarch wears a suite of sapphire jewelry given

to her by her father as a wedding gift in 1947.

The palace says the 90-year-old queen will spend the day quietly at her Sandringham estate in eastern England.

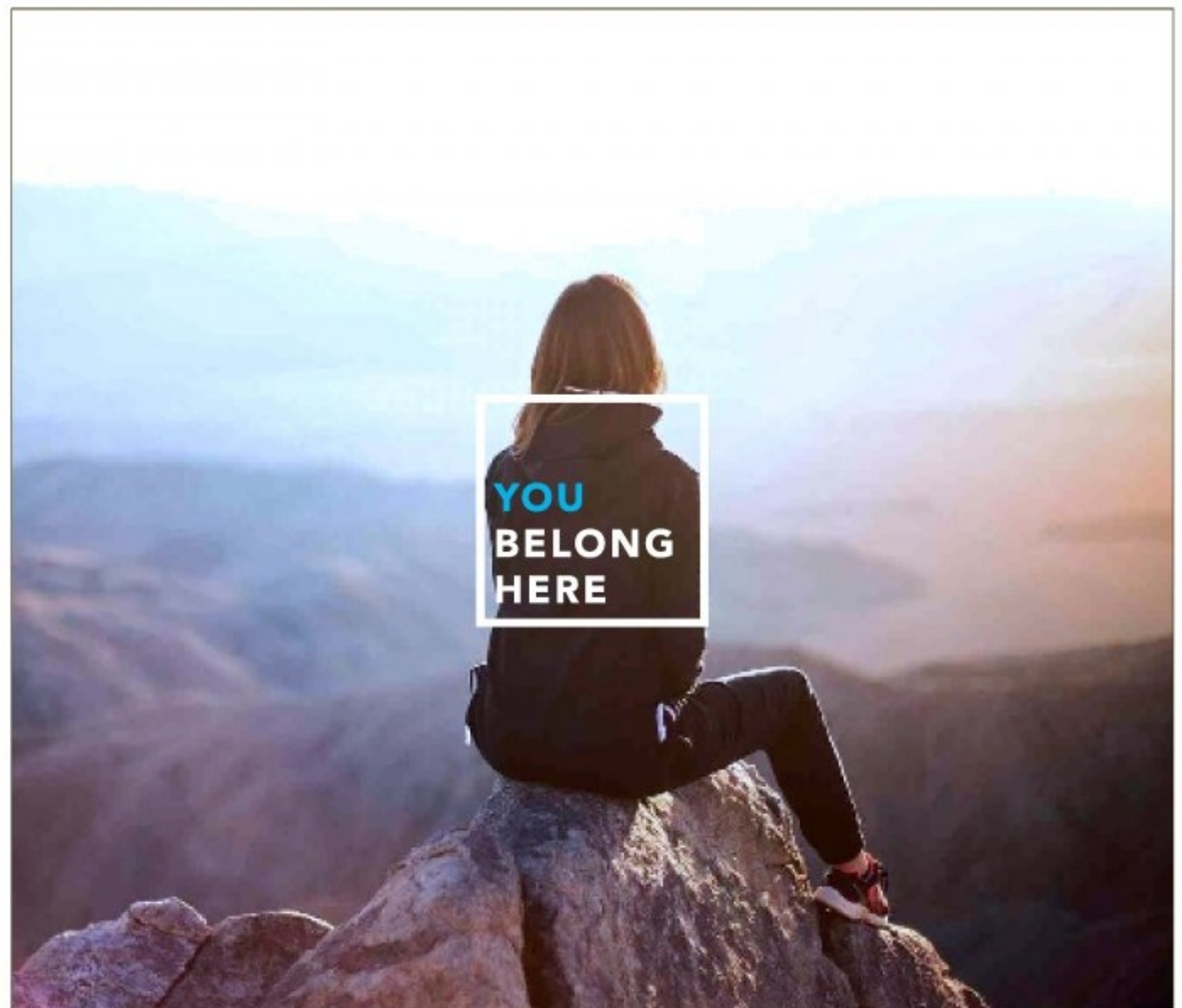
She became monarch on the death of her father, King George VI, from lung cancer at age 56 on Feb. 6, 1952.

Elizabeth surpassed Queen Victoria as Britain's longest-serving monarch in 2015.

THE ASSOCIATED PRESS



Members of the Honourable Artillery Company fire a 62-round royal gun salute to mark the 65th anniversary of Queen Elizabeth II's accession to the throne on Monday. AFP/GETTY IMAGES



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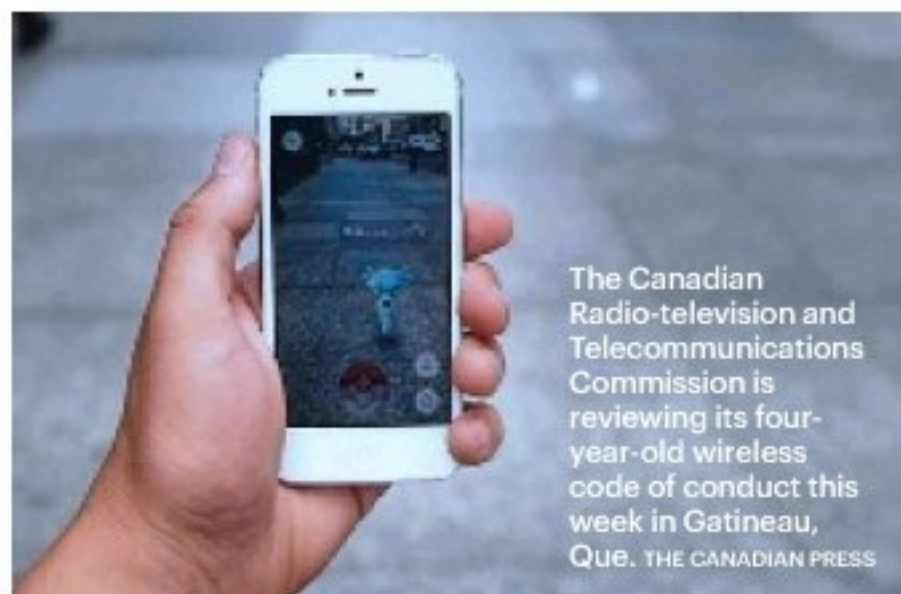
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Companies 'violate' wireless code



The Canadian Radio-television and Telecommunications Commission is reviewing its four-year-old wireless code of conduct this week in Gatineau, Que. THE CANADIAN PRESS

TECHNOLOGY

Force service providers to live up to rules, watchdog told

Some cellphone companies are either passively or actively violating Canada's wireless code of conduct and the rules need to be tightened and enforced, consumer groups told a hearing Monday.

While consumer complaints

have dropped since the code came into effect in 2013, the Public Interest Advocacy Centre told the review wireless users need greater controls put in place so they don't suffer from "bill shock."

"Certain wireless service providers have ... knowingly or unknowingly avoided or violated or attempted to change clear wireless code requirements, and have not largely been stopped," advocacy centre executive director John Lawford told the Canadian Radio-television and Telecommunica-

"(This) clearly contradicts the spirit and letter of the wireless code,"
Alysia Lau

tions Commission. "This must change."

The CRTC review comes amid calls for greater parental control over household cellphone data charges and

clearer rules governing wireless service cancellation fees and how caps on data overage fees should apply.

Speaking on behalf of the Consumer Association of Canada, the National Pensioners Federation and the Council of Senior Citizens Organizations of British Columbia, PIAC told the regulator that, in some cases, wireless providers offer data and voice as optional services, despite stipulations in the code that key services be clearly spelled out in wireless contracts.

"(This) is not only vastly inappropriate and skewed against the consumer, but clearly contradicts the spirit and letter of the wireless code," said PIAC legal counsel Alysia Lau.

"Data and voice services clearly form a key part of a wireless contract."

The first code effectively killed three-year phone contracts, limiting them to 24 months. But that led, in many cases, to higher monthly bills as the service providers were forced to recoup the cost of subsidized smartphones over a shorter period.

While Telus Corp., has suggested the CRTC revisit the two-year limit, arguing that providing a three-year contract option could reduce monthly bills by amortizing the cost of so-called zero-dollar phones over 36 months, BCE Inc., and Rogers Communications Inc., have not specifically proposed changes to contract length provisions.

Carriers also want to be able to recoup the cost of items offered for free to customers as incentives to sign a contract.

Currently, service providers can charge consumers for the residual value of subsidized cellphone hardware if they cancel their contracts early. For example, a customer could be charged \$300 if they cancel a two-year contract after one year, if the initial value of the incentivized phone was set at \$600.

THE CANADIAN PRESS

ECONOMY

Raise age to retire: Advisers

The Trudeau government's economic advisory council is recommending Ottawa raise the age of retirement eligibility and explore a national child-care program as ways to deliver a much-needed participation boost for the workforce.

The proposals were among new suggestions by the government's growth council.

To encourage older Canadians to work longer, the council recommended the ages of eligibility for old age security and the Canada Pension Plan be "recalibrated and increased" to address the impacts of the country's aging society and longer life expectancies.

The idea contrasts with the Liberal government's move to reverse a controversial decision taken by the former Conservative government and return old age security eligibility to 65 from 67.

The document also suggested Ottawa allow old age security and the CPP deferrals beyond age 70 and make deferrals past 65 more attractive.

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STATISTICS CANADA

Planners looking forward to new census kickoff

On Wednesday, Statistics Canada will release the first batch of data from the 2016 census, an avalanche of detailed information that sociologists, demographers, urban planners and businesses watch every five years with a high degree of interest — and, admittedly, more than a little data-geek glee.

Michael Haan at Western

University's sociology department, however, detects a degree of indifference in a surprising place: his own London, Ont., classroom.

"I would say that very few of them (students) actually see the value of the census," says Haan.

"They don't understand or they don't appreciate how important it is to have accurate

population counts and information on population movements."

Wednesday's release — the first of seven data dumps — will detail the overall population as it stood on May 10, 2016; those regions where population levels or climbing and falling; and where new homes are being built.

The population counts determine how much money Ottawa transfers to provinces and territories for services like health care — a frequent source of consternation — and how much it sends to cities for infrastructure work through the federal gas tax fund.

Demographers use the information to see how the country is changing. Multinationals like Starbucks and

Tim Hortons use the data to decide where to place their next store.

Census information lets urban planners know where people are living so they can better plan for transit, roads, hospitals, schools and new residential units. Local land-use decisions like zoning by-laws are also based on census data.

THE CANADIAN PRESS

+ DATA DUMP

Wednesday's release is the first of seven data dumps to take place over the course of 2017.

- **May:** Age and sex
- **August:** Families, households and marital status
- **October:** Immigration and Aboriginal Peoples
- **November:** Education, jobs and work patterns.

MICHAEL COREN ON MILO'S MISSION TO DIVIDE



At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. Two sets of fanatics had their way: those who disrupted the speech and those who planned it.

This year marks the 500th anniversary of the Reformation, sparked in part by the Roman Catholic Church's sale of indulgences. The more you paid, the less time you and your loved ones spent in purgatory. As the rhyme of the time had it, "As soon as a coin in the coffer rings/the soul from purgatory springs."

I couldn't help thinking of all this when reading of the sordid events at The University of California, Berkeley last week when a planned speech by the ultra right-wing narcissist and professional provocateur Milo Yiannopoulos was cancelled after around 150 masked thugs used fireworks, baseball bats and various forms of violence to attack those attending the event.

Milo — he and his acolytes rather ludicrously use the single name — is senior editor for the far right website Breitbart News. He is a bit of a legend in his own lunchtime, and most people have never heard of him, but for the hard right and the hard left he is an icon of either truth or lies. Actually he is neither. A fringe journalist with a troubled past, he reinvented himself as a self-defining fierce, fearless spokesman for those waging war against the chimera of political correctness.

His means of fighting this war against an imaginary foe is to insult and mock anybody who annoys him. Liberals, feminists, the overweight, trans people, Muslims, gays — even though he is himself gay and insists on using the term



SEWER SPOKESMAN Far-right icon Milo Yiannopoulos is fighting a fake crusade against made-up enemies: feminists, trans people, Muslims and anyone else he doesn't like, Michael Coren writes.
JEREMY PAPASSO/THE ASSOCIATED PRESS

"f—t." It all becomes somewhat tedious but it arouses those who obviously would like to do the same but lack the ability or the platform. He is a conduit for those who confuse freedom of speech with the licence to abuse. The sewers breathe once again.

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. I use the plural because two sets of fanatics had their way: those who disrupted the speech and those who planned it. You see, this is a dark symbiosis, a grotesque theatre of the absurd where the polarized of right and left destroy the vast middle of ground of sensible disagreement and debate.

And nothing, of course, makes the "coin in the coffer ring" as much as playing the victim and crying that free speech and liberty are under threat. There is money to be made in becoming a champion of white, straight, conservative people who have convinced themselves that they are being persecuted.

The violence at Berkeley,

and at other such events, is unacceptable. But there is violence in language as well as action. If one degrades a race, marginalizes a sexuality, condemns a people, there tend to be consequences. Surely the recent obscene events in Quebec City taught us that. One fist can do damage; one broadcast, article or Internet rant can lead to a lot more.

Idiots provoke and idiots are provoked. Milo, and for that matter his banal imitators in Canada, have to establish a false problem if they are to set themselves up as the solution. Build it and they will come.

So if you claim that Islamic extremists are everywhere, that we can no longer speak our minds, that media conspiracies are preventing us from knowing the truth, and that being a white man is considered a crime, enough credulous and insecure people will accept it and act accordingly. Witness the election of Donald Trump.

In actual fact there are genuine dilemmas about speech, tolerance, the meeting place of secular pluralism and

religion ideas, and the way we deal with justice and equality issues, and these are intensely sensitive and delicate.

It's because of that sensitivity and delicacy that we have to respond with empathy, compassion, intelligence and responsibility. Screaming is easy, listening far more difficult; outrage satisfies hysteria and anger; consideration fulfils the intellect and the soul.

The hoodlums in California will be punished and Milo will fade away before most of us even knew he was there. The same, God willing, will happen to those Canadian rightists who assume they're being rebellious when they're just childish conformists. But some of the divisions caused will take longer to heal and that's difficult to forgive.

Personally, I'd just ignore these clownish performers. As for the coins in the coffer, integrity is far more valuable than money.

Michael Coren is the author of *Epiphany: A Christian's Change of Heart and Mind Over Same-Sex Marriage*.

Sidewalk clearing comes at a cost

KINGKADE'S CALGARY

Roger Kingkade



Snow on the sidewalks often brings up issues of mobility and who should be responsible for snow-clearing.

As it stands right now, shovelling the sidewalk is the responsibility of the owner and/or occupant of the property behind or beside the snowy sidewalk. They have to clear the walk down to the bare surface within 24 hours after the last flake has fallen.

And this is how it should be.

Opponents often cite the mobility issues snowy sidewalks create without recognizing that those who use strollers or wheelchairs, for example, aren't guaranteed easier passage if the city were to take over this role. They'll simply have a different direction to point their fingers when it remains difficult to get around.

Also, do people who advocate for the city to clear the sidewalks consider the cost? Is this another case of that which comes from government being "free?"

Maintaining roads during a Calgary winter costs the city about \$1 million per week on average. As the

city struggles to find ways of creatively assigning the tax burden to various taxpayers, asking the city to expand the snow removal responsibilities isn't a timely idea. Nor is it fair to assign a tax increase to all Calgarians to appease a few. It's particularly unfair to those who would rather pay with labour than money.

Besides, having the city take care of residential sidewalks eliminates business opportunities for other Calgarians. There are many independent snow-clearing companies in town who employ Calgarians.

If you still insist the city clear covered sidewalks to improve mobility, you'll be happy to know there's a mechanism in place for that. You can make a complaint to the City and they will issue a warning notice to delinquent property owners or occupants. If the sidewalk isn't cleared within 24 hours, the city will send out a crew to take care of it at the homeowner's expense.

Everybody wins! The sidewalk gets cleared by a city worker or contractor at the expense of only one taxpayer.

Many Calgarians would prefer government at all levels do less for them. This is one of those instances.

For those who just want to get something for "free" from the city, I urge you to get some of the salt & sand mixture available to you at many fire halls. Fill up a pail and keep your sidewalks safe for pedestrians all winter long.

After all, you paid for it.

Roger Kingkade is a former Calgary radio host.

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Behind the swinging curtains

SEXUALITY

Polyamorous advocates love openness...just follow the rules

Toronto's Oasis Aqualounge is a pretty open environment. The clothing-optional sex club hosts events each week for people to explore their sexual fantasies. But for such a liberal venue, there are certainly a lot of rules.

No photos. Certain areas are off limits to men unless accompanied by a woman. No touching of any kind unless given permission. No means no, of course, but the club takes it a step further: only yes means yes. That means there are no sexy times until consent is verbalized, says Fatima Mehtab, the marketing and events co-ordinator at Oasis, which had approximately 16,000 members last year.

The clothing-optional space, where sex is allowed, is by its nature vulnerable, she says. The rules are to make sure everyone feels safe, comfortable and encourage people to talk. "A big problem with consent is people assume it's something you don't have to verbalize," she says.

In fact, when it comes to sex, there's lots that people don't talk about — but should.

Mehtab, a queer woman who has explored swinging and polyamorous relationships in the past, says these types of strict rules are common in "the lifestyle," a term for consensually non-monogamous couples. And,



Fatima Mehtab, marketing and events coordinator at Oasis Aqualounge, the Toronto adult playground. TORSTAR NEWS SERVICE

she says, rules make relationships better.

Couples and the locations they go to play have to create an environment in which all parties feel not only safe, but also heard. These boundaries take away the grey areas, forcing couples to say what they do or don't want and what they need from sexual encounters. And there's a lot non-swingers can learn from them about building a healthy (and satisfied) relationship.

A successful swinging relationship is based on constant com-

munication, says Carol Hunt, founder of VenusCouples, a Montreal-based online forum for "sex-positive" exploration of the lifestyle. She and her husband have been swinging for a decade. Before any party or outing, they agree upon a set of boundaries (such as they'll always be in the same room during sex) and expectations for the evening (be it sex with another person or a night observing others).

Afterwards, they always break their experience down: what they liked, what they didn't like, and

what would they like to try in the future?

While it might seem exhausting to always talk about sex, Hunt says it means both parties feel their needs are being heard. If her husband wants to try something new, but she's not interested, the decision isn't shut down entirely. Instead, they discuss both points of view and try and find a happy middle ground in which they can explore. No always means no — but that's only the start of the conversation.

That consensus-building trick-

les out of the bedroom, says Edward Fernandes, a professor of sexuality specializing in swingers, at Barton University in North Carolina. "I've had people say, 'We used to have trouble with our finances — we couldn't talk about this — and once we went into swinging, that went away,'" says the Toronto expat. "People will often avoid talking about things, because they don't know how (their partner) is going to respond," says Fernandes. "So we hide. Swinging tends to pull that curtain." TORSTAR NEWS SERVICE

SPICING IT UP

Carol Hunt suggests couples looking to spice up their bedroom can start small:

- Make it a point to go to a sex shop, for example, to discuss what both parties might enjoy or not. To avoid embarrassment, make it a rule that neither party can wander off on their own: you're in it together and that can decrease the awkwardness.

- Watching porn can be a great way to get both parties in the mood. But before hitting play, Hunt suggests setting expectations: you'll only watch for an hour, and pick one act to try and re-create.

- If you're trying something new and don't enjoy it the first time, Hunt says don't shut it down right away. Commit to revisiting the act at least once at a later date, and if you still don't enjoy it, then it's OK to take it off the table for the future.

- Great relationships need work, she says. Set aside a couple hours each week just to be with each other. No television, no distractions (and if you want, no clothes).

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Say it then spread it: love is the word

Sofi Papamarko
Torstar News Service

I love you. There. I said it. That wasn't so hard, right? Those three little words — three syllables, really — are among the most coveted and most difficult words to say in the English language.

Context: I'd been having some trouble coming up with an idea for my Valentine's column this year and wrote my editor in a cold panic. "EMBRACE THE LOVE!" she exclaimed in all-caps.

I tried. But throwing my arms around a Hallmark holiday felt disingenuous. Not unlike the holiday season, Valentine's Day can be a painful and lonely time for many. So instead of embracing February the 14th and all associated ephemeral trappings of romance, I'm embracing Pollyanna. I'm embracing patchouli. I'm embracing the free expression of love itself.

And so, I love you. When training my match-making consultants, I play them the Sloan song The Good in Everyone. I ask them to internalize the lyrics about being a person who sees the good in everyone. It makes our jobs easier.

You can usually find something — often multiple things — that are amazing in every person you meet. A genius sense of humour, maybe. An aching vulnerability. Self-awareness. Intelligence. Loyalty to friends and family. Optimism. A strong work ethic. The best of intentions.



I love you, reader. Whoever you are. Not romantically, but emphatically. I love you, even though I don't know you.

I love you because you have worries that sometimes keep you up at night.

I love you because you've read a poem or a short story or heard a song or seen a piece of art or experienced natural beauty that has buoyed your heart or broken it.

I love you even though you cut in line in front of me at the grocery store that one time or elbowed me in the ribs on the bus trying to get the last seat. I love you because I know you're tired, like me. I love you because I know you've had a long day, your feet ache, your child is sick, you're behind on mortgage payments.

I love you because you are

a living and breathing human person and you are worthy of love, respect and dignity.

This Valentine's Day, embrace the love. Call your mom. Send a postcard to your estranged brother.

Make a generous donation to a women's shelter, homeless shelter, charity or other worthwhile cause close to your heart. Speak up for the harassed and bullied.

In an era where suspicion, fear and division rule, being compassionate and loving is among the most radical and important things we can do. Let's strive to accept each other, look out for each other and, yes, love one another.

I love you. Now pass it on.

Sofi Papamarko is a writer and matchmaker who lives in Toronto.

TV BRIEFS

Hal and Jo's messy Diet

Suppose you're a massive streaming service that wants to encourage Canadians to watch your gory new black comedy with a health-conscious name. What do you do?

Well, if you're Netflix and your new show is the bizarre zombie comedy Santa Clarita Diet, the easy answer is you recruit Hal Johnson and Joanna McLeod, a pair imprinted on the brains of us all as the country's gently encouraging faces of health and fitness. Then you hand them a chainsaw.

So, without telling us anything at all about Santa Clarita Diet, the tidy two-minute promo of darkly funny training and terror should be enough to tell you whether you want to give the Diet a go.

Santa Clarita Diet's ten-episode first season, starring Drew Barrymore, premiered Feb. 3 on Netflix.

ANDREW FIFIELD/METRO

COMEDY

Spicer asks SNL to 'dial back' portrayal



Andrew Fifield
Metro | Toronto

Despite the surfacing of Steve Bannon, White House Press Secretary Sean Spicer is arguably the most recognizable face of the Trump Administration.

This makes Spicer and his caustic, prop-peppered press conferences perfect fodder for Melissa McCarthy and the writers at Saturday Night Live.

McCarthy's briefing bullying received rave reviews after it aired over the weekend, but the actress shouldn't count Spicer himself among her fans.

Instead, the fiery face of the Trump White House suggested

McCarthy "could dial back" when Extra caught up with him on Super Bowl Sunday.

The press secretary appeared piqued by his doppelganger's mouthful of gum, a nod to Spicer's well-known penchant for cinnamon gum. He suggested the actress "needs to slow down on the gum chewing, way too many pieces in there."

But like a good soldier, Spicer rolled out a stronger defence when it came to his boss and Alec Baldwin's portrayal of him.

"Alec has gone from funny to mean, and that's unfortunate," Spicer lamented. "SNL used to be really funny. There's a streak of meanness now that they've crossed over to mean."



Melissa McCarthy (left) as Sean Spicer. CONTRIBUTED/FILE

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1	4	7	6	9	2	8	5	3
3	5	6	8	1	4	7	2	9
9	8	2	3	7	5	1	4	6
5	9	8	2	6	7	4	3	1
6	2	3	4	8	1	5	9	7
4	7	1	9	5	3	2	6	8
2	1	4	7	3	6	9	8	5
7	6	9	5	2	8	3	1	4
8	3	5	1	4	9	6	7	2

'A bikini body is about confidence'

FITNESS

Kayla Itsines' creed spreads from Instagram to the masses

Australian personal trainer Kayla Itsines insists her Bikini Body Guide has nothing to do with the way women look. It's a philosophy of confidence.

That message has entranced her 6.3 million Instagram followers, where she shares staggering before-and-after shots submitted by disciples of her diet and fitness regimen.

Itsines' own social media reveals little about her personal life. Most of the images she shares orbit around fitness: enviable abs, mountains of fresh fruit and inspirational quotes, such as "Stop waiting for Monday, January first or anything else. Start now," and "Exercise is therapy." There's no mention of calories cut or pounds and inches lost.

Her original 12-week workout plan consists of a few cardio sessions a week, alternating with punishing plyometric and bodyweight exercises, such as burpees, pushups and jump lunges. She also launched an app, Sweat With Kayla.

Itsines' book, *The Bikini Body 28-Day Healthy Eating and Lifestyle Guide: 200 Recipes & Weekly Menus to Kick Start Your Journey*, was released in late December. It focuses on food, not just fitness. The recipes are reasonable — there are carbs, dairy, fat and cheat snacks. We caught up with Itsines from Australia, where she is based.

What's the difference between having a stereotypical "bikini body" as portrayed in media and the "bikini body" mentality you encourage?

To me, a bikini body is when you feel good and are confident in yourself. I want women to know that they don't have to follow strict diets, or look a particular way to be body confident. I think being healthy is about feeling good, it's not determined by a number on the scale.

What's the greatest threat to any fitness/nutrition plan?

Well, everyone is different. For one person, finding the motivation to work out might make it hard to follow a fitness routine. For someone else, it might be difficult to find the time to work out or to prepare healthy meals. It varies from person to person.

What do you say to women who will need more than 28 days to achieve their weight and fitness goals?

The great thing about my book is it teaches you healthy habits that are maintainable for the long term. Those 28 days are just the beginning! My book is designed to teach you about healthy eating and fitness, and that information can be used everyday for the rest of your life.

Why choose to base your meal plan on the Australian Guide to Healthy Eating, when low-carb diets are trendier?

I think it's really important to fuel your body with



Greek-Australian Itsines' *Sweat With Kayla* app generated more revenue than any other fitness app last year. CONTRIBUTED

a variety of foods from all of the food groups. I want women to have the energy to do anything and everything. One problem lots of women find with diet trends is they are not easy to maintain long term. I've made it my own personal mission to show people that a healthy, balanced diet doesn't mean you need to restrict your eating or remove entire food groups or nutrients.

What do you say to people who feel they don't have the

time to cook or to work out?

So many people struggle with busy schedules. Meal preparation is so helpful if time is a problem, that way you have something healthy to eat when you are busy. I think versatile workouts you can do anywhere can be a good option if you have a busy schedule too. The great thing about the workouts in my *Sweat With Kayla* app is that you only require the space of your own body and minimal equipment to work up a sweat in 28 minutes.

What do you tell people who are setting a new goal to eat healthier or get in shape?

I think that's amazing. Any step you make towards being healthier and more confident is a step in the right direction. Try setting both short- and long-term goals, and find a friend to workout with. It can be easier to stick to a routine when you have that extra motivation and support.

Do you experience food cravings and if so, do you in-

dulge in a cheat meal? What is your go-to cheat meal?

I get cravings, just like everyone else. I think the occasional treat is fine, the key is moderation. As I mentioned, I'm a big believer in being realistic with food choices, so if I go out for dinner for a special occasion and I feel like having a piece of cake, then I'll have a piece of cake. It's important, even for me, to enjoy the foods you love which can also help with overindulging and cravings.

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Three-time Olympic short-track speedskating medallist Isabelle Charest has been named Canada's chef de mission for the 2018 Winter Olympics



The real difference maker

NFL

Brady will be remembered most for lifting Pats to titles

With a record five Super Bowl rings, Tom Brady certainly has established himself as the measuring stick for quarterbacks, NFL players and, just maybe, for all team-sport athletes.

The difference in the Patriots being 5-2 or even 0-7 in the big game is infinitesimal. That difference is the guy wearing No. 12.

Brady proved that again Sunday with an epic comeback that, at 39, some might think puts a cap on a Hall of Fame career. Except that he plans to return to work soon in preparation of another NFL season, with probably a few more to follow.

"I don't feel 39. I hang out with a bunch of 20-year-olds," he joked Monday morning before walking out of the Super Bowl MVP news conference with the silver football that serves as the award for the honour. "That makes you feel pretty young."

That Brady might be around for a while could make the rest of the NFL feel pretty down, and at least when it comes to the playoffs and Super Bowl, it should. Consider that he's won 25 post-season games; there are pro baseball, basketball and hockey players who would take that for a career.

Brady will be remembered most not for deflated footballs but for the way he has pumped up the Patriots in the most stress-

filled circumstances. Sunday's 34-28 win over Atlanta in the first Super Bowl to go to overtime is the latest, and perhaps the most emphatic, example. But it's educational to look at all seven of his performances in the NFL championship game.

And you can compare his work to that of New England's coaching staff, which, it can be argued, has not come through nearly as well over the course of those seven contests and five titles.

Despite the Patriots' back-to-back championships in 2004 and 2005, there's a case to be made that both the Panthers' John Fox and the Eagles' Andy Reid were at least Bill Belichick's equal until Brady turned things New England's way.

4

Brady now has four Super MVP awards to his name.

The two upset defeats at the hands of the Giants, particularly in 2008 when the Patriots were seeking an undefeated season, could have gone New England's way, of course. But Tom Coughlin and his assistants, particularly defensive co-ordinator Steve Spagnuolo in 2008, outwitted the Patriots.

In 2015, Brady took charge against Seattle's superb defence with the fourth quarter belonging to him. But if not for what many believe is the worst play call in NFL championship game history — no, Marshawn, we're going to throw from the Patriots

Tom Brady won his fifth Super Bowl championship on Sunday night in Houston.

RONALD MARTINEZ/GETTY IMAGES

1-yard line — Pete Carroll's Seahawks would likely have won a second straight Super Bowl.

Then there is Sunday night's "miraculous" comeback, to use Brady's word. And the stunning collapse by Atlanta, which had a first down at the New England 22 and a chance to, at the very least, move an eight-point lead to 11 late in the fourth period. It's almost never wise to play for a field goal against Brady, but that was one time to do so. The Falcons didn't.

So Brady, helped by a stunning reception by Julian Edelman, guided the Patriots to the tying scores. And then to the winning TD in overtime.

No one is saying the Patriots didn't earn each of their Super Bowl wins — and losses. It's an absolute, however, that when praise for everyone in the organization is handed out, Brady must be far in front of the rest of the line. THE ASSOCIATED PRESS



NHL

Injured Malkin closing in on return

Evgeni Malkin's knee injury is healing. So too, are the 2012 MVP's feelings about being left off the NHL's 100 Greatest Players list unveiled at the all-star game last month in conjunction with the league's centennial season.

Malkin joked on Monday he's "trying to forget" being passed over for a list that included teammate Sidney Crosby as well as Pittsburgh Penguins owner Mario Lemieux.

"I'm proud what team say, what Mario say, proud of family, fans and my friends they support me," Malkin said. "I did my best. What I can do is nothing. All 100 players is legend. They deserve to be (on the) list."

“

I want to be back soon ... It's not ready but day by day.

Evgeni Malkin

Malkin's teammates felt the three-time all-star and two-time Stanley Cup champion should have made the cut, too. The 30-year-old Russian downplayed any anger over the snub in typically self-deprecating fashion.

"Maybe I win a couple more trophies, couple more Stanley Cups," Malkin said. "Next year 101(st) year, maybe they send me great black jacket and I will be 101."

The Penguins will certainly be in the mix to repeat this spring and Malkin's presence at practice on Monday is a sign his stay on the injured reserve may be nearing an end. Malkin hasn't played since getting hurt in a shutout loss to St. Louis on Jan. 24. THE ASSOCIATED PRESS



Evgeni Malkin will not play Tuesday against Calgary. CLAUS ANDERSEN/GETTY IMAGES

SOCIAL MEDIA

Pats' win earns fan a date with Bouchard

Forget the Lombardi Trophy. The New England Patriots' shocking comeback win over the Atlanta Falcons in Super Bowl 51 earned one fan a date with Canadian tennis star Eugenie Bouchard.

With the Falcons holding a big lead over the Patriots Sunday, Bouchard tweeted that she "knew Atlanta would win."

A fan then asked her to go on a date if the Patriots somehow ended up winning and in what must have seemed like a low-risk reply, Bouchard said, "sure."



Eugenie Bouchard GETTY IMAGES

Her final tweet of the night was one of resignation, "Lesson learned. Never bet against Tom Brady." THE ASSOCIATED PRESS

IN BRIEF

49ers make it official with Atlanta's Shanahan

The San Francisco 49ers officially hired Atlanta offensive co-ordinator Kyle Shanahan as their new head coach on Monday, more than a month after firing Chip Kelly after just one season.

The 49ers settled on Shanahan last month but had to wait until after the Super Bowl to sign him to a contract. Shanahan will be introduced at a news conference this later week. THE ASSOCIATED PRESS

TEXAS

Help sought to find Brady's 'stolen' jersey

Texas Lt. Gov. Dan Patrick is asking the state's top law enforcement officers to help locate Tom Brady's missing game jersey, which disappeared from the New England Patriots' locker room after the Super Bowl.

The Republican said in a statement Monday that Brady's jersey "was stolen" after the Patriots beat the Atlanta Falcons 34-28 at Houston's NRG Stadium on Sunday night, and that city police were already investigating.

Patrick said Texas places "a very high value on hospitality and football," adding: "It is important that history does not record" that Brady's jersey was stolen in the state.

He continued: "Whoever took this jersey should turn it in" since the "Texas Rangers are on the trail."

Brady said after the game that the jersey was missing and joked that he expects to see it soon in an online auction. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Cosy Beef and Mushroom Stew



PHOTO: MAAYA VISNEVE

Ceri Marsh & Laura Keogh
For Metro Canada

All this needs is a side of mashed potatoes to cosy up to.

Ready in 1 hour 20 minutes
Serves 4

Ingredients

- 2 lb stewing beef
- 2 Tbsp flour
- Salt and pepper
- 2 Tbsp olive oil
- 2 onions, diced
- 3 cloves garlic, minced
- 1 lb mushrooms, halved or quartered, depending on size
- 2 large carrots, diced
- 2 sprigs fresh thyme
- 1/3 cup tomato paste
- 1/2 cup white or red wine (optional)
- 4 cups beef broth

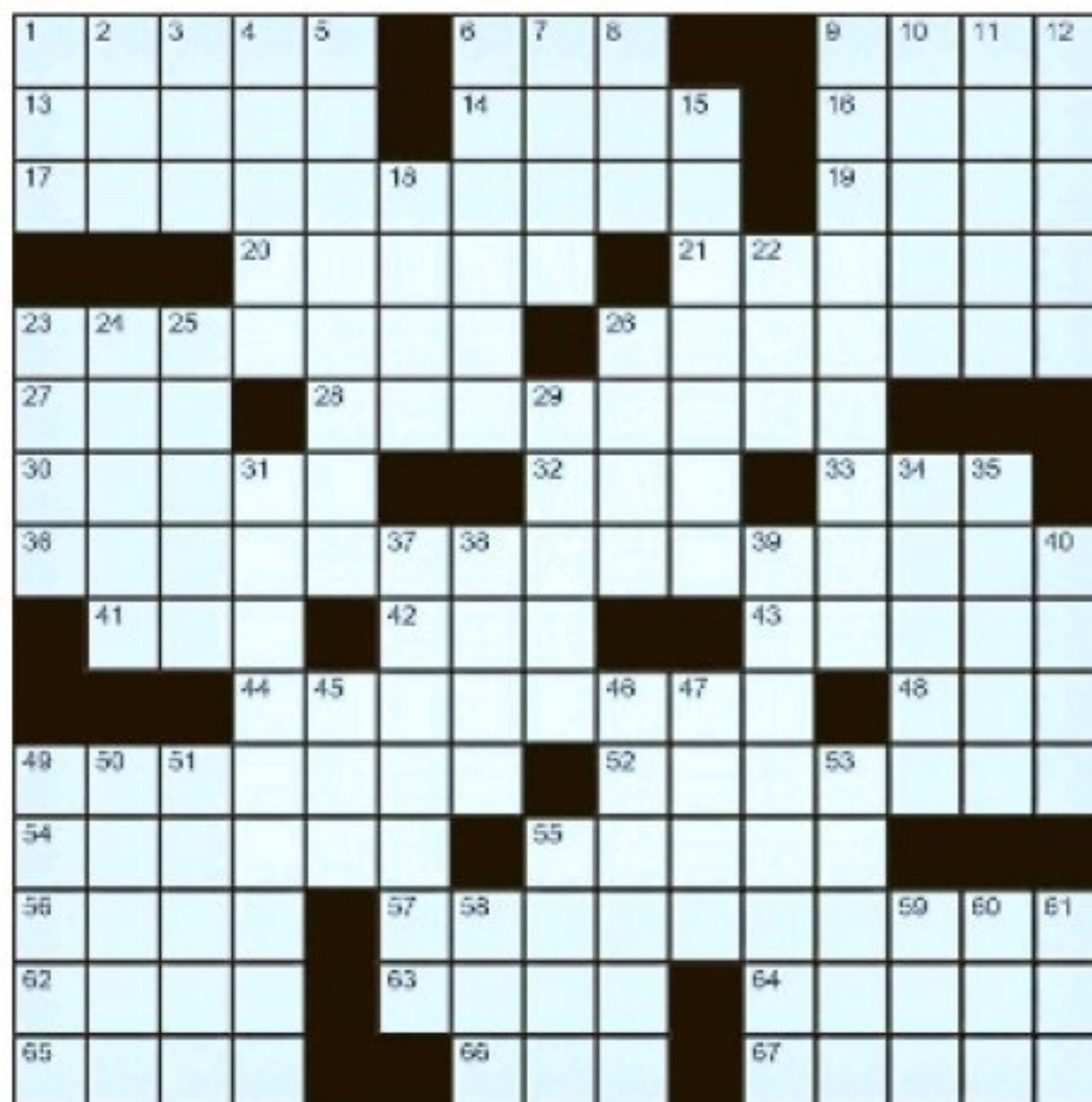
Directions

1. Shake flour onto plate and season with salt and pepper. Dredge meat through the flour.
2. In a big pot or dutch oven, warm olive oil over medium heat. Brown meat in batches. Place cooked meat on a clean plate.
3. Add onion and garlic and sauté 3 minutes. Toss in mushrooms and thyme and cook another 5 minutes. Add tomato paste and stir well. Cook for a couple of minutes.
4. Add wine. Use wooden spoon to scrape bottom of the pot to loosen up all caramelized beefy goodness. Add stock and beef, bring it to a simmer, cover and simmer about an hour. Now add carrots and cook 10 minutes. Serve over mashed potatoes.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. "I'll have ___ salad sandwich, please." (Lunchtime order)
6. Walther ___ (James Bond firearm)
9. 'Photosynth' suffix
13. Sister: French
14. Banff National Park creatures
16. Pound sound
17. Adrien Brody's Oscar-winning role movie: 2 wds.
19. Great Lake
20. ___ Arizona
21. Royal court entertainer
23. German state bordering Austria
26. Victoria-born singer/songwriter Nelly
27. "Cold Mountain" (2003) role
28. 20th-century Spanish artist Mr. Dali
30. "That'll get done", in radio communication
32. 'Fluor' finisher
33. Alias indicator
36. Team Wayne Gretzky was traded to (from the Edmonton Oilers) in 1988: 3 wds.
41. Ott. NHL player
42. 'Excess' suffix
43. Torpid
44. Mechanic's outfit
48. Pastureland
49. One extending a membership
52. Fan's rare audio of a rock concert
54. Python slayer in mythology
55. Harbour haulage
56. Ipsos Reid

- specialty
57. College society
62. Stagnate
63. Most preferred, for short
64. Jubilant, in verse
65. Ownership document
66. Marry
67. Retail complexes

DOWN

1. 'Bomb' add-on (Pompous talk)
2. Form of stage show in Japan
3. "Aaai-!!!" (Comic book scream)
4. Dr. Sanjay ___ (CNN's Chief Medical Correspondent)

5. Scottish documentarian who founded the National Film Board of Canada in 1939, John ___ (b.1898 - d.1972)
6. Corresponding chum: 2 wds.
7. Ballet move
8. Initials-sharers of Kendall Jenner's

- older sisters
9. Meticulous work woe, perhaps
10. Mattress brand
11. Nicki Minaj song: 2 wds.
12. 'I hope', to Caesar
15. Nunavut: Igloo-shaped attraction in

- Iqaluit, ___ Anglican Cathedral
18. "What ___ mind reader?"
22. 'Ranch' suffix
23. Wail
24. "Good-bye!"
25. Waltz, in Paris
26. Lose colour, as jeans
29. More repulsive
31. Invalidated
34. Solemn bell sound
35. Concur
37. Emit: 2 wds.
38. By any chance?
39. Unit of weight in Canada
40. Male deer
45. Stealth bird
46. Declined
47. Mythology
49. Sort of transit
50. Lyric poem
51. ___ prosequi (Not proceeding, in law)
53. Polynesian archipelago kingdom
55. Prehistoric paintings place, perhaps
58. Not cooked, as meat
59. ___-defined
60. Address book abbr.
61. Go-ahead response

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid domestic arguments today, because they will easily arise — especially with a female relative. People are touchy, emotional and volatile. You have been warned.

Taurus April 21 - May 21
This is a classic day for arguments with others, especially siblings, relatives and neighbors. This angry energy might cause you to have an accident. Be careful.

Gemini May 22 - June 21
Disputes about money and possessions are likely today. They could relate to something at home or to a female relative. Either way, tread carefully.

Cancer June 22 - July 23
Today the Moon is in your sign, which makes you more emotional than usual. On top of that, it is at odds with fiery Mars. This is a challenging day! Remain calm so to avoid disputes with others.

Leo July 24 - Aug. 23
This is a restless day. There's no doubt that you feel impatient with others. You might not speak up, but inside you are secretly gritting your teeth. Easy does it.

Virgo Aug. 24 - Sept. 23
People are quarrelsome today. When talking to a friend or perhaps a member of a group, you must tread carefully. Don't go looking for trouble, because it will find you.

Libra Sept. 24 - Oct. 23
Be careful when talking to authority figures today, especially your mother or a female boss. The bottom line is that people are emotionally volatile today, and they will react without thinking first. Be cool.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because things will go south in a New York minute. Don't try to win or keep score. Just keep the peace.

Sagittarius Nov. 23 - Dec. 21
Choose another day to discuss how to divide an inheritance or share something with someone, because a discussion will quickly deteriorate into a fight.

Capricorn Dec. 22 - Jan. 20
You have to go more than halfway when dealing with others, because this is a dicey day. Frankly, things are not going your way. Just tread water.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and customers today, especially female acquaintances. Don't get your belly in a rash.

Pisces Feb. 20 - March 20
Parents will have to be patient with their kids today. Likewise, romantic partners must be patient with each other, because it's a quarrelsome day! Easy does it.

CONCEPTIS SUDOKU by Dave Green

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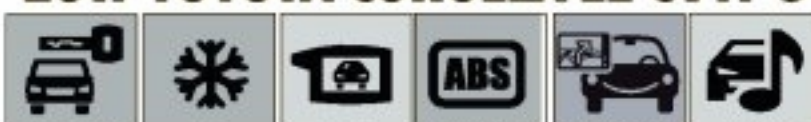
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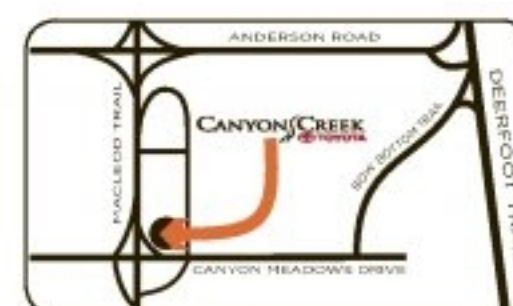
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